

# Dealing with Doubt: Part 5

## *“Learning How to Think”*

Learning to think is like exercising a muscle in that our learning to think grows as we exercise our thinking. If we don't learn to think we can easily become sitting ducks for our doubts to take over because doubts plague the mind of thought. Here are some considerations in helping one become a better thinker.

### **Romans 12:1-2**

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. <sup>2</sup> Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.<sup>1</sup>

**1. Learn Humility**

**2. Learn Awareness**

**3. Learn Context**

**4. Learn to Triage**

**5. Learn to Question with a Purpose**

**6. Learn to Articulate**

**Ecclesiastes 12:9-10**

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<sup>1</sup> Tyndale House Publishers. (2015). [Holy Bible: New Living Translation](#) (Ro 12:1–2). Carol Stream, IL: Tyndale House Publishers.

<sup>9</sup> Keep this in mind: The Teacher was considered wise, and he taught the people everything he knew. He listened carefully to many proverbs, studying and classifying them. <sup>10</sup> The Teacher sought to find just the right words to express truths clearly. <sup>2</sup>

## **Colossians 1:15-20**

### *Christ Is Supreme*

<sup>15</sup> Christ is the visible image of the invisible God.

He existed before anything was created and is supreme over all creation,

<sup>16</sup> for through him God created everything  
in the heavenly realms and on earth.

He made the things we can see  
and the things we can't see—

such as thrones, kingdoms, rulers, and authorities in the unseen world.

Everything was created through him and for him.

<sup>17</sup> He existed before anything else,  
and he holds all creation together.

<sup>18</sup> Christ is also the head of the church,  
which is his body.

He is the beginning,  
supreme over all who rise from the dead.

So, he is first in everything.

<sup>19</sup> For God in all his fullness  
was pleased to live in Christ,

<sup>20</sup> and through him God reconciled  
everything to himself.

He made peace with everything in heaven and on earth  
by means of Christ's blood on the cross. <sup>3</sup>

## **7. Learn to Listen & Observe**

### **John 4:34-36**

<sup>34</sup> Then Jesus explained: “My nourishment comes from doing the will of God, who sent me, and from finishing his work. <sup>35</sup> You know the saying, ‘Four months between planting and harvest.’ But I say, wake up and look around. The fields are already ripe for harvest. <sup>36</sup> The harvesters are paid good wages, and the fruit they harvest is people brought to eternal life.

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<sup>2</sup> Tyndale House Publishers. (2015). [Holy Bible: New Living Translation](#) (Ec 12:9–10). Carol Stream, IL: Tyndale House Publishers.

<sup>3</sup> Tyndale House Publishers. (2015). [Holy Bible: New Living Translation](#) (Col 1:15–20). Carol Stream, IL: Tyndale House Publishers.

## **Matthew 11:15**

<sup>15</sup> Anyone with ears to hear should listen and understand!

## **8. Learn to love Truth**

### **R.C. Sproul**

*If you are of the truth, if you have learned the truth, if you see the sanctity of the truth, then speak truth. We are not called to be deceivers or liars. God is a God of truth, and His people are called to have an enormously high standard of truth. –*

### **John Stott**

*Knowledge is indispensable to Christian life and service. If we do not use the mind that God has given us, we condemn ourselves to spiritual superficiality and cut ourselves off from many of the riches of God's grace.*